

Forgiving Myself: Choosing Peace and Letting Go

Recently, I heard something that really resonated with me: *the biggest person some of us need to forgive is ourselves*. It hit me because it's so true. How often do we carry the weight of past mistakes, replaying them in our minds, wishing we'd done things differently? How often do we focus so much on forgiving others, we forget about the most important person to forgive—ourselves?

Here's the truth I've come to realize: it's okay to let go of the guilt. It's okay to let go of the blame. Beating yourself up over what's already done won't change a thing—it only keeps you stuck. Forgiveness starts with *me*.

Looking Inward with Compassion

I've shifted my focus inward. Instead of pointing fingers or blaming others for situations in my life, I ask myself: *What role did I play? What could I have done differently?* Not to shame myself, but to grow. And you know what? That shift has been so freeing. It's a gentle reminder that I'm human, and like everyone else, I'm learning as I go.

I've also realized it's okay to make mistakes. It's okay to not have it all figured out. Life doesn't come with a manual, and we're all just doing the best we can. When I reflect on the past, I try to look at myself with compassion instead of judgment. I remind myself: *You did the best you could with what you knew at the time*. And that's enough.

The Power of Letting Go

One thing I've learned is that holding onto guilt or regret only drains you. It keeps you tied to a moment you can't change. But forgiveness—real forgiveness—is freedom. It's saying, *I did what I did, I've learned from it, and I'm letting it go*.

And letting go doesn't mean ignoring the lesson. It means choosing to move forward with grace, instead of carrying the weight of something you can't undo. It's realizing that you deserve peace, even after a mistake.

Protecting My Peace

Over the past couple of years, I've become fiercely protective of my peace. I don't go back and forth with people anymore. I don't engage in arguments or drama. If a situation feels like it's pulling me into negativity, I simply *leave*.

Walking away has been one of the most soothing practices I've adopted. I remind myself: *You don't have to prove yourself. You don't have to participate. You don't have to carry this*. And every time I choose peace over chaos, I feel lighter.

There's a sense of calm that comes with knowing you don't have to engage in anything that disturbs your spirit. It's like wrapping yourself in a soft, protective blanket, knowing that nothing and no one can steal your joy unless you let them.

Learning to Love Myself Again

Forgiving myself has been part of learning to love myself again. It's an act of kindness I've chosen to give to myself, over and over. And with that forgiveness comes healing. With healing comes peace.

Now, I wake up every day with a sense of lightness, knowing that I don't have to carry the weight of yesterday. I remind myself: *You're allowed to make mistakes. You're allowed to grow. You're allowed to be at peace with who you are, right now.*

A Life Rooted in Peace

At the end of the day, nothing matters more to me than protecting my peace. It's my anchor, my safe space, and my constant reminder that I am enough. I've learned to let go of guilt, regret, and negativity—not because it's easy, but because I deserve better.

So here's what I'll say to you, if you're carrying the weight of something you can't change: *Forgive yourself.* Be gentle with yourself. And know that moving forward doesn't mean forgetting—it means choosing to live fully, without the shadow of the past holding you back.

You are worthy of peace. You are worthy of joy. And you are worthy of forgiveness—especially from yourself. Wrap yourself in that truth, and don't let it go.